



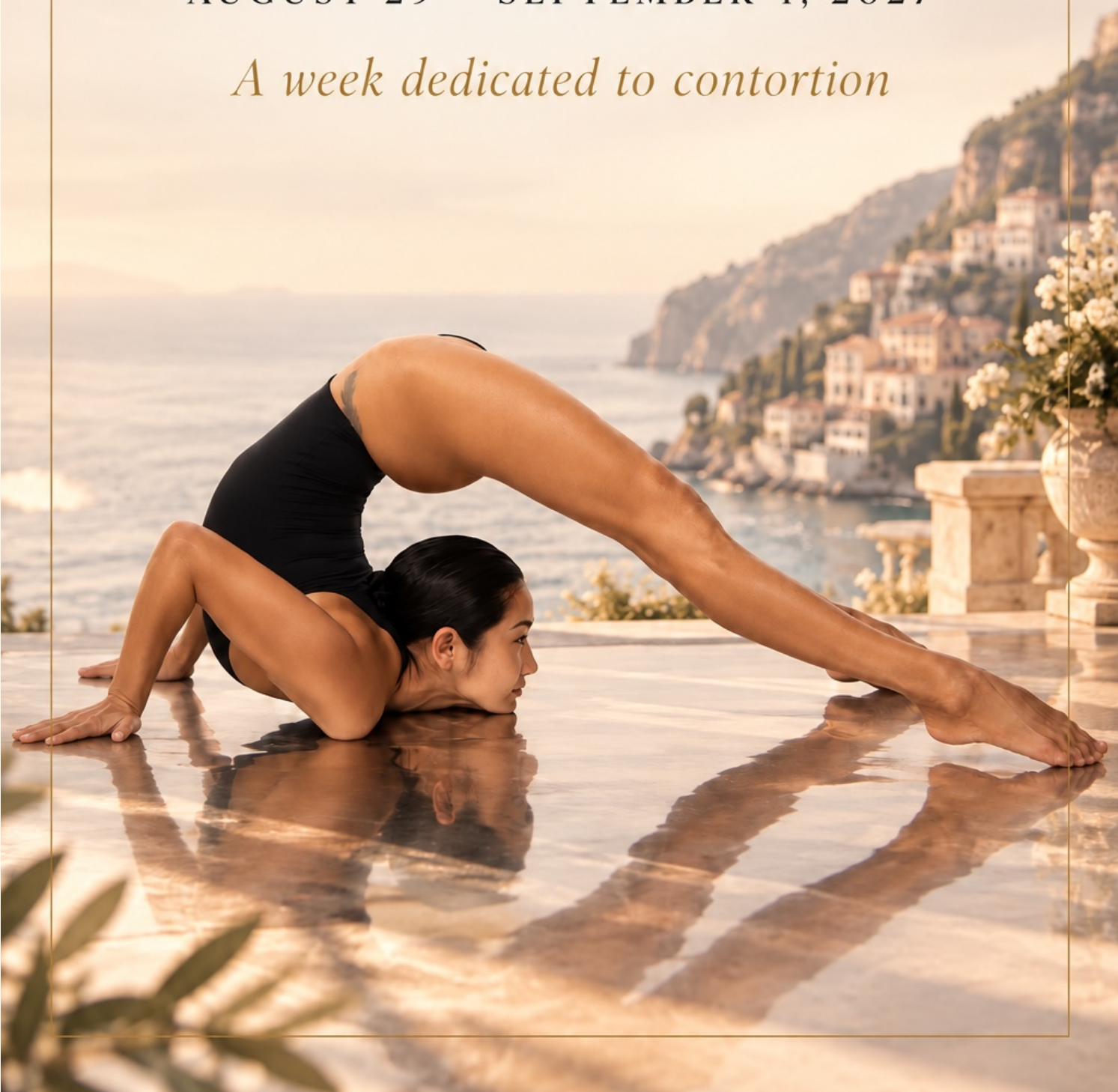
ITALY

CONTORTION RETREAT



AUGUST 29 – SEPTEMBER 4, 2027

A week dedicated to contortion



BOOK YOUR RETREAT

01 / 09

ITALY CONTORTION RETREAT 2027

A week of contortion

With Ulzii Kee

15 HOURS OF TRAINING

3 hours a day · 5 days

Flexibility · Strength · Active control

Technique · Contortion skills



A week of contortion with Ulzii Kee

Five days of 3-hour workshops:
15 hours of contortion training in total.

Scenic hikes around Italian lakes and mountains,
historic towns & wine tasting nights.

BOOK YOUR RETREAT

AUGUST 29 - SEPTEMBER 4, 2027

02 / 09

What's included

A week to train, explore and connect



01 Contortion training

Five days of 3-hour workshops with Ulzii Kee: 15 hours of training.

02 Accommodation & all meals

Your selected room at Robin's Nest, with all meals included.

03 Airport transfers

Transportation to and from the airport for arrival and departure.

04 Scenic hikes & historic Italy

Explore Italy's lakes and mountains on scenic hikes, and visit historic Italian towns.

05 Wine tasting nights

Enjoy local Italian wines during wine tasting evenings together.

06 Community beyond the studio

Evenings to connect, share, relax and enjoy the retreat community.

All part of your Italy Contortion Retreat experience.

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Your retreat schedule

August 29 - September 4, 2027



Sunday, August 29

ARRIVAL & WELCOME

Arrival
6:00 PM onwards

Check-in and settle into your accommodation.
Welcome Dinner & Party

Monday-Friday, August 30-September 3

Five days of contortion training & community

7:00 - 9:00 AM	Breakfast
10:00 AM - 1:00 PM	 Contortion Training
1:00 - 3:00 PM	Lunch & Relaxation
3:00 - 6:00 PM	Free Time / Activity of the Day
6:00 - 8:00 PM	Dinner (Monday-Thursday)
8:00 PM onwards	Community Time (Monday-Thursday)

Friday, September 3 - Final Training & Farewell	
10:00 AM - 1:00 PM	 Final Contortion Intensive
6:00 - 10:00 PM	Farewell Dinner & Celebration

Saturday, September 4

DEPARTURE

6:00 - 9:00 AM
Departure

Breakfast
Check-out and onward travel

Draft schedule - All times local to Italy

Let's make beautiful memories together in Italy!

BOOK YOUR RETREAT

ITALY CONTORTION RETREAT 2027

Robin's Nest

Our Retreat Venue

Paruzzaro · Piedmont · Northern Italy
Near Lake Maggiore & Lake Orta



INCLUDED IN YOUR STAY

All meals · Airport transfers

A restored farmhouse dating to the early 1700s

About 35 minutes by car from Milan Malpensa Airport.

Nearest train station: Arona.

Via Gnemmi 2, 28040 Paruzzaro (NO), Italy · robinsnest.it

Evenings together to relax, share and connect beyond the studio.

BOOK YOUR RETREAT

AUGUST 29 - SEPTEMBER 4, 2027

05 / 09

Salvia & Rosmarino

Two bedrooms. One shared suite bathroom.



Inside the Salvia & Rosmarino suite

Salvia

€2,300

one retreat participant

Private bedroom for one person, with one double bed. The suite bathroom is shared with Rosmarino.

Couple option: add one companion who is not participating in the retreat for €600. Share the double bed.

Rosmarino

€1,300

per person

Shared bedroom for two people, with two separate beds. Part of the suite, sharing its bathroom with Salvia.

Exclusive full suite

€5,000

total for four guests

Book both bedrooms and the suite bathroom exclusively for your group. All four guests can participate in the retreat.

Two guests share the double bed in Salvia; two stay in separate beds in Rosmarino. Ideal for a group of friends or a family.

Photos show existing setups; retreat bed arrangements may differ.
Participant packages include accommodation, training, meals and airport transfers.
Prices in EUR before discount.

BOOK YOUR RETREAT

Rooms to unwind in

Shared bedrooms for two · Two separate beds · En-suite bathroom

Lavanda

€2,000
per person



A spacious bedroom with its own bathroom and a separate seating area with sofas and tables.

Origano

€2,000
per person



A large bedroom overlooking the courtyard, with its own bathroom, a sofa and a desk.

Photos show existing setups; retreat bed arrangements may differ.
Participant packages include accommodation, training, meals and airport transfers.
Prices in EUR before discount.

BOOK YOUR RETREAT

Your Italian hideaway

Shared bedrooms for two · Two separate beds · En-suite bathroom

Menta

€1,800
per person



A spacious bedroom facing the private courtyard, with its own bathroom and access to the property’s shared spaces.

Timo

€1,800
per person



A cosy bedroom overlooking the courtyard, with its own bathroom, air conditioning and a sunbed on the balcony.

Photos show existing setups; retreat bed arrangements may differ.
Participant packages include accommodation, training, meals and airport transfers.
Prices in EUR before discount.

BOOK YOUR RETREAT

Join Ulzii Kee in Italy

August 29 - September 4, 2027



Retreat packages from €1,300

Per person · Shared room · Before discount

SAVE 5%

When paid in full by December 1, 2026

Use code: flexclubitaly

Booking with a deposit? Deposits are non-refundable.

The remaining balance is due June 30, 2027.

Questions & reservations

info@kee-production.com

Ulzii@kee-production.com

Hosted by Ulzii Kee · Flex Club

Managed by Kee Production

Choose your room and book your retreat online.

BOOK YOUR RETREAT

kee-production.com/book-a-retreat-italy/